

# My Weekly Wellness

## WHAT I WANT THIS WEEK

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## MY CORE VALUES THAT RESONATE WITH WHAT I WANT ARE...

## I CAN IMPLEMENT CHANGE DURING...

TIME

TASK & EVENTS

## HABITS I WANT TO MAINTAIN

## HABITS I CAN DO DIFFERENTLY FOR GROWTH

## HABIT TRACKER

M	T	W	T	F	S	S
O	U	E	H	R	A	S
N	E	D	U	I	T	U
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●

# My Weekly Wellness

WEEK OF:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## Reflection